

Focus Support Services Pty Ltd

SOCIAL MEDIA

Since we are expanding our services and over to the Western suburbs, we would love for everyone to be a Facebook and Instagram follower so that we can continue keeping you all up-to-date. If you aren't following yet, please do!



UPCOMING EVENTS

- 01/05 – 08/05** Europa Night Market
- 03/05** Collingwood V Port Adelaide
- 03/05 – 05/05** Dog Lovers Show Melbourne
- 04/05** Western Bulldogs V Richmond
- 05/05** Carlton V North Richmond
- 10/05 – 19/05** Good Beer Week
- 11/05** Carlton V Collingwood
- 11/05** Western Bulldogs V Brisbane Lions
- 11/05 – 12/05** Big Vegan Market
- 12/05** Mother's Day
- 12/05** Hawthorn V GWS
- 18/05** Collingwood V St Kilda
- 18/05** Essendon V Fremantle
- 19/05** Richmond V Hawthorn
- 25/05** Hawthorn V Port Adelaide
- 25/05** Richmond V Essendon
- 25/05** Western Bulldogs V North Melb.
- 31/05** Melb. Intl. Jazz Festival

GET TO KNOW OUR STAFF

Name: Damian

Hobbies: Cooking

Nationality: Italiano!

Family: I live with my wife Margaret and my son Aaron (11)

Strangest food I've eaten: Snails

My secret talent: I can build a home

Favourite movie: Pretty Woman

Favourite dessert: I'm undecided between Pineapple Fritters with Ice Cream or Scones with Jam and Cream. Yum!

My hero is: My dad

My biggest fear is: Mice

Dream Job: Running Focus Support Services is my dream job!



MEDICATION AND MANUAL HANDLING TRAINING

On 31st May, our staff will be participating in a day of compulsory Medication and Manual Handling training. The course focuses on assisting clients with medication and learning about basic manual handling.

Since all staff are required at this training, unfortunately we will be **unavailable to provide supports between 8am and 4pm on 31st May.**



WHAT HAVE WE BEEN UP TO?

April was a busy month for us. We had two full days of auditing which has taken a lot of hard work and preparation. It was all so worth it because, well...guess what?



NSDS

WE ARE CERTIFIED



DHSS

Being Certified means that we have met the rigorous requirements of domestic and international quality and safety standards. It also means that we take quality and customer satisfaction seriously.

In June, we will be emailing/posting our Quality Assurance Surveys to all of our clients so that we can continue improving our services. We always appreciate your feedback so please take the time to fill it out!

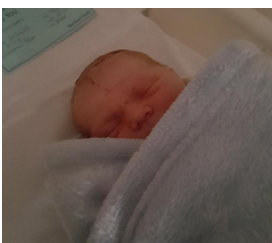
If you have recently updated your mailing address, please let us know ASAP.

CERT IV

You'll be pleased to know that we have three staff members commencing their Certificate IV in Disability. We wish you all the best with your studies.



CONGRATULATIONS



Congratulations to our staff member Skye, who has been blessed with a gorgeous baby boy, **Seth**.

We hope you enjoy the exciting times ahead!



FOCUS ON COOKING



Blueberry Pancakes

(Great for Mother's Day)

- 200g self-raising flour
- 1tsp baking powder
 - pinch of salt
 - 1 egg
 - 300ml milk
- 1tbsp melted butter
- 150g pack of fresh blueberries
- oil or butter for cooking
- golden or maple syrup

- 1 – Mix together all the self-raising flour, baking powder and salt in a large bowl.
- 2 – In a separate bowl, beat the egg and milk together. Pour this mixture into the bowl of flour and whisk to make a smooth batter.
- 3 – Beat in the melted butter and stir in half of the blueberries.
- 4 – Heat a frying pan with oil or butter.
- 5 – Drop a large tablespoon of batter per pancake into the pan. You can make 3 or 4 pancakes at a time.
- 6 – Cook until bubbles appear (about 3 minutes) and then turn and cook for another 3 minutes on the other side.
- 7 – Serve with golden or maple syrup and the remaining blueberries.

These pancakes make a quick breakfast to serve to your mum this Mother's Day!

<https://www.bbcgoodfood.com/recipes/4915/american-blueberry-pancakes>

Q & A

I have heard about the Disability Royal Commission, what is this about?

On 4th April, 2019, our Prime Minister announced the establishment of the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability.

The Royal Commission into Disability will be an inquiry into the violence that has occurred against people with disability. It enables our community to have a voice and do something about the instances of abuse of people with disability. People that have been living with the consequences of abuse will finally be able to tell their stories. The aim is to provide these people and their families with opportunities for justice, healing and prevention.

We welcome this Royal Commission and we also agree that, *This Royal Commission is a real step towards justice.*



Our cruise around New Zealand is now fully booked! Yippee!

If you weren't able to make it on this holiday, but you would love a weekend away, a short break interstate or a jam-packed holiday overseas, then give us a call.

We can work together to plan your next holiday and even support you on the holiday too.

WESTSIDE SERVICES



You may notice some of our program features activities in the West. This helps us cater to our participants in that area. However, **everyone is welcome to attend.** We have 6 vehicles in our fleet, which we are able to use to ensure everyone is included. Please do not hesitate to contact Damian if you want to participate in any of our programs.

SCHOTTERS

As members of Focus Support Services Pty Ltd, you have special access to our Daily Living Centre.

Remember that you are able to use the centre when and how you like.



You can choose to:

- hang out with friends
- have us help you with cooking
- learn new skills of your choice
- and more...



EXTENSION

We asked our Facebook followers to guess what we were building at our Daily Living Centre. Some guesses included:

- A pergola
- A veggie patch
- An ice cream machine

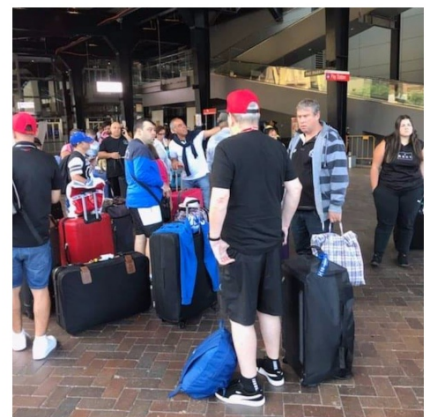


We suppose you'll need to guess again...



CARNIVAL CRUISE

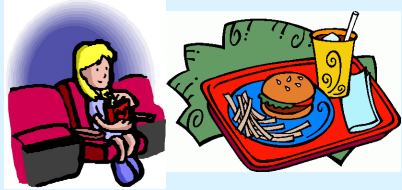
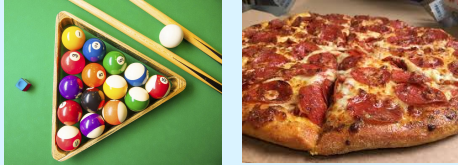
As promised, we have included a heap of photos of our first ever cruise! Thanks to our terrific staff who did a wonderful job supporting our participants.







TUESDAY NIGHTS

<p>Tuesday 7th May, 2019</p>	<p>Movies and Dinner</p> <p>4pm onwards</p> <p>Extra cost: Cost of movie ticket and dinner</p> <p>Bring: Concession Card, Companion Card, money for movie ticket and dinner.</p>	
<p>Tuesday 21st May, 2019</p>	<p>Billiards, Games and Pizza Night at Schotters!</p> <p>4pm onwards</p> <p>Extra cost: It's on us!</p> <p>Bring: Yourself!</p>	

WEEKDAY PROGRAM

<p>Wednesday 1st May, 2019</p>	<p>Seaworks Maritime Museum – Williamstown and Lunch at Spotswood Hotel</p> <p>10am to 4pm</p> <p>Extra cost: Gold Coin Donation for Entry + Cost of Lunch</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for entry and lunch.</p>	
<p>Tuesday 7th May, 2019</p>	<p>Movie at Sun Theatre - Yarraville</p> <p>10am onwards</p> <p>Extra cost: \$12.00</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, lunch or money for lunch and money for entry.</p>	
<p>Tuesday 14th May, 2019</p>	<p>Lunch at Beechworth Bakery Ballarat and explore surrounding area</p> <p>9am to 4pm</p> <p>Extra cost: Cost of Lunch</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for lunch.</p>	
<p>Tuesday 21st May, 2019</p>	<p>Oz Ten Pin Bowling (two games) – Point Cook</p> <p>10am to 3pm</p> <p>Extra cost: \$10.00 + Cost of Lunch</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, lunch or money for lunch, money for games, wear socks!</p>	
<p>Tuesday 28th May, 2019</p>	<p>Victoria Police Museum + Lunch at Porto Al Vecchio in Williamstown</p> <p>9am onwards</p> <p>Extra cost: Free entry + Cost of Lunch</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for lunch and entry.</p>	

WEEKEND SESSIONS

<p>Saturday 4th May, 2019</p>	<p>Shopping for Mother's Day and craft at Schotters! Go shopping for a gift for your Mother or loved one! Afterwards, head on over to Schotters and learn how to wrap it up. We can even get crafty and make a card too!</p> <p>9am to 4pm</p> <p>Extra cost: Money for a Mother's Day gift</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for lunch.</p>	
<p>Saturday 11th May, 2019 (Pre-bookings essential)</p>	<p>AFL – Carlton V Collingwood</p> <p>11.30am onwards</p> <p>Extra cost: Ticket prices vary</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for lunch and entry, AFL Membership (if applicable).</p>	
<p>Saturday 18th May, 2019</p>	<p>Cooking at Schotters – Soup Write a shopping list, shop for ingredients, then head back to the Daily Living Centre to cook it up. Enjoy eating the meal together too.</p> <p>10am to 3pm</p> <p>Extra cost: None.</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for entry and lunch, camera for photos, wear socks!</p>	
<p>Sunday 19th May, 2019 (Pre-bookings essential)</p>	<p>Sugar Republic at Myer Melbourne</p> <p>10am to 3pm</p> <p>Extra cost: Approx. \$40.00</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for entry and lunch, camera for photos, wear socks!</p>	
<p>Saturday 25th May, 2019 (Day session)</p>	<p>Cooking at Schotters – High Tea – Sandwiches and Scones</p> <p>10am to 3pm</p> <p>Extra cost: None.</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for entry and lunch, camera for photos, wear socks!</p>	
<p>Saturday 25th May, 2019 (Night session)</p>	<p>AFL – Richmond V Essendon</p> <p>5.00pm onwards</p> <p>Extra cost: Ticket prices vary</p> <p>Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, money for lunch and entry, AFL Membership (if applicable).</p>	